

BalsamicVinegarDressing25

Number of Servings: 25 (29.58 g per serving)

Amount	Measure	Ingredient
1 1/2	cup	Vinegar, balsamic
1 1/2	cup	Oil, canola
2.00	Tbs	Spice, onion, minced, dehyd
5/8	tsp	Spice, garlic Powder
6.00	Tbs	Sugar

Nutrients per serving

Nutrition Facts	
Serving Size (30g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Mix ingredients in container that you can shake before dispensing from as oil and vinegar will separate. Refrigerate and serve cold.

Each 2 T = 134 calories, 4 grams carbohydrate, 14 grams fat and 5 milligrams sodium

WHEN USING FOR CHEF SALAD DOUBLE RECIPE AS 1/4 CUP IS SERVED rather than 2 T serving size